



# CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

## MONDAY, OCTOBER 2

<b>GRILL</b>	BBQ PORK RIBLET SANDWICH WITH CHIPS @ \$2.95.....WITH FRIES	\$3.95
<b>LOWFAT</b>	SMOKED TURKEY SALAD WRAP	\$2.95
<b>FEATURE</b>	SPAGHETTI 'N' MEATSAUCE WITH SALAD & GARLIC TOAST	\$5.51
<b>FEATURE</b>	HAM AND YAMS WITH VEG. & ROLL	\$5.51

## TUESDAY, OCTOBER 3

<b>GRILL</b>	ROUGH RIDER BACON CHEESEBURGER W/CHIPS @ \$3.00.....W/FRIES	\$4.00
<b>LOWFAT</b>	GRILLED CHICKEN ON MEXICAN RICE WITH SALAD & ROLL	\$5.51
<b>FEATURE</b>	SAUSAGE 'N' KRAUT WITH POTATO, VEG. & ROLL	\$4.90
<b>FEATURE</b>	BAKED POTATO WITH CHILI CHEESE (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

## WEDNESDAY, OCTOBER 4

<b>GRILL</b>	TACO BURGER WITH CHIPS \$ 2.50 ...WITH FRIES.....	\$3.50
<b>LOWFAT</b>	HAM SALAD WRAP	\$2.95
<b>FEATURE</b>	SWISS STEAK WITH POTATO, VEG. & ROLL	\$5.51
<b>FEATURE</b>	CHICKEN STIR FRY WITH RICE AND	\$4.90

## THURSDAY, OCTOBER 5

<b>GRILL</b>	CHICKEN CORDON BLEU WITH CHIPS \$3.25.....WITH FRIES	\$4.25
<b>LOWFAT</b>	TURKEY APPLE GRAPE SALAD	\$3.97
<b>FEATURE</b>	VEGETABLE LASAGNA WITH FRUIT & BREAD STICK	\$4.90
<b>FEATURE</b>	PORCUPINE MEATBALLS WITH POTATO, VEG. & ROLL	\$5.51
<b>FEATURE</b>	BAKED POTATO WITH MARGARINE AND SOUR CREAM (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream- .25 each)	\$1.75

## FRIDAY, OCTOBER 6

<b>GRILL</b>	SHRIMPBURGER WITH CHIPS \$2.95 WITH FRIES	\$3.95
<b>LOWFAT</b>	CRAB SALAD SANDWICH	\$2.95
<b>FEATURE</b>	MEATLOAF WITH POTATO, VEG. & ROLL	\$5.14

## DAILY SPECIALS

**FRENCH FRIES ARE \$1.40 OR \$1.00 WITH A SANDWICH**

*** GRILLED CHICKEN ***		\$2.95
HOT BEEF SANDWICH		\$4.90
ROAST BEEF DINNER		\$5.14
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.50
SOUP	CUP \$1.45 BOWL	\$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.

BREAKFAST: 7:00 - 10:30

LUNCH: 10:30 - 1:30

